

LYNCHBURG CITY COUNCIL

Agenda Item Summary

MEETING DATE: **December 14, 2004**

AGENDA ITEM NO.: 12

CONSENT: **X**

REGULAR:

CLOSED SESSION:

ACTION: **X**

INFORMATION:

(Confidential)

ITEM TITLE: **2004 Assistance to Firefighters Act Grant Award**

RECOMMENDATION: Appropriate \$183,263 to the City/Federal/State Aid Projects Fund, with resources of \$128,285 from the Department of Homeland Security's Federal Emergency Management Agency, and \$54,978 from the General Fund Reserve for Contingencies to purchase fitness/wellness equipment and services for the Fire Department.

SUMMARY: The Department of Homeland Security's Federal Emergency Management Agency recently announced that the Fire Department had been awarded Assistance to Firefighters Act grant funds to assist in the development of a Fitness/Wellness/Injury Prevention Program.

The Fire Department is in the process of developing program elements to foster enhanced physical fitness of departmental employees, as well as improve nutritional and other life style habits to reduce the risk of injury and/or illness. Through this mandatory program, the Department will monitor employee progress via a set of annual performance criteria developed to quantitatively measure individual success in meeting program goals and objectives.

The grant will allow the placement of exercise equipment at all departmental stations, thus allowing exercise to be conducted as part of the employee's normal work routine.

PRIOR ACTION(S): Approved by the Finance Committee on December 7, 2004

FISCAL IMPACT: Utilization of Federal grant funds should significantly reduce the originally anticipated expense of establishing and maintaining the Department's Fitness/Wellness/Injury Prevention Program.

CONTACT(S): Captain Rick Guedj, Health and Safety Officer
Cecil V. Martinette, Jr., Fire Chief

ATTACHMENT(S): Resolution, Equipment Listing

REVIEWED BY: lkp

Resolution:

BE IT RESOLVED That the City/Federal/State Aid Projects Fund FY 2005 budget is amended and \$183,263 is appropriated with resources of \$128,285 from the Department of Homeland Security's Federal Emergency Management Agency, and \$54,978 from the General Fund Reserve for Contingencies, to purchase fitness/wellness equipment and services for the Fire Department.

Introduced:

Adopted:

Certified:

Clerk of Council

179L

**Lynchburg Fire and EMS Assistance to Firefighters Act Grant Award
Itemized Fitness/Wellness Equipment and Services**

To facilitate the Wellness/Fitness Program ,the following equipment will be purchased (quantities in parentheses).

Treadmills (9)	\$44,091
Recumbent Bikes (10)	22,990
Cross-trainers (10)	33,990
Dual Adjustment Weight Machine (9)	27,891
Heart Rate Monitors (35)	1,575
Rubber Gym Mats (56)	2,520
Stretching Gym Mats (53)	2,067
Peer Wellness/Fitness Counselor Training (25)	15,000
Strength Evaluation System (1)	3,509
Hydraulic Hand Dynamometer (1)	218
Modified sit and reach test (1)	248
Dual reading Beam Scales (2)	550
Metronomes (10)	520
Notebook Computers (2)	4,000
Viewer/Projectors (2)	7,200
Equipment Maintenance Contract	4,860
Freight and Delivery Fees	12,034
Total Projected Cost	\$183,263